



PICK OF THE MONTH

June 2010

Sweet Strawberries!



Nutrition information: One cup strawberries

49 calories
1 gram protein
12 grams carbohydrates
3 grams fiber
18.2 IU vitamin A
89.4mg vitamin C
233mg potassium
10mg calcium

Strawberry Yogurt Shake

1/2 cup unsweetened pineapple juice
3/4 cup low-fat vanilla yogurt
1 1/2 cups frozen, unsweetened strawberries
1 tsp granulated sugar

Add ingredients to blender. Puree at medium speed, until thick and smooth. Makes two servings.

Calories: 190, Carbohydrates: 42g,
Fat: 1g, Sodium: 60mg; Protein: 5g,
Fiber: 4g

Adapted from U.S. Center for Disease Control and Prevention

There's nothing that says "Hello, summer!" quite like taking a juicy bite of a fresh sweet strawberry.

Strawberries have been labeled as America's favorite fruit, which is not surprising since their sweet taste is like candy to our taste buds. Not only are they deliciously sweet, they are packed with vitamin C and antioxidants, making them a nutrition superstar.

The heart-shaped silhouette is the first clue that strawberries protect your heart. Aside from being full of heart-healthy antioxidants, these red gems are sodium-free, fat-free, cholesterol-free, high in fiber and low in calories.

Just one serving – eight strawberries – provides more vitamin C than an orange.

Selection and Preparation

Think local! Locally, we have several options for finding the most delicious and nutritious berries. You can go to local farms and pick berries yourself, or choose among the fresh picked berries at the fruit stands and grocery stores.

What to look for: Strawberries will not continue to ripen after being picked, so look for plump, deep red berries.

Freeze or enjoy! Strawberries generally keep for two to three days in the refrigerator. If you freeze your berries,

wash and gently dry them. Place on a flat cookie sheet and freeze. Once frozen, you can place them in a freezer-safe container.

Due to their perishable nature, you should not wash the berries until you're ready to eat them.

They're good with anything: Strawberries are excellent eaten alone or added to many different dishes, like salads or waffles. Another option is to use them with other berries and yogurt in a parfait.

Check your local grocery store or fruit stand for fresh strawberries today!

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